



Omaha Triathlon 2017

Addendum to Athlete Guide

July 12, 2017 Updated

Parking Options Update:

In order to help accommodate all participants and spectators and provide the best convenience on race day as possible, please read the information in the next paragraph regarding new parking options for the Omaha Triathlon on Sunday July 16th, 2017.

Participants and spectators may park in the lake venue by entering off Meigs Street and North 288th Street until 5:30AM. If you arrive after 5:30AM, parking is **only available a DC West High School** as previously indicated. Shuttles will run continuously from 4am to 10:30am. (Please see map below for Pick up and drop off location nearest to BlueWater just across the RR tracks).

Please note that if you park inside the venue, you will not be able to leave until the Olympic Distance event is over and all competitors have finished. This means that you may not be able to leave until 10:30am depending on when the last finishers cross the finish line.

For participants competing in the Sprint Triathlon distance, we strongly recommend parking at DC West and taking the shuttle both ways. We will make an announcement when participants can remove their bike from transition and exit the venue to take the shuttles as desired. Please be aware that all awards are presented together for both the Olympic and Sprint Distance events once all the results are tabulated and any penalties are assessed by the USA Triathlon Race Officials.

Bicycles are not allowed on the buses. We recommend riding cycles back to DC West Parking Lot if you use the shuttle in the morning.

Vehicles are not allowed to drop off participants at the entrance to BlueWater. If we want the race to start on-time, we need to make sure this area is clear of any vehicles.

Course Information:

When first exiting onto N. 288th Street, there will be two-way bike and run traffic for approximately .25 miles until Valley Road. The road will be coned off with directional signage indicating bikers and runners. The Bikers exit on the left of the median when exiting BlueWater and stay on the west side of the road. North bound bike traffic will be nearest the shoulder on the west side while south bound bike traffic will be near the center of the road. (Please mind the midline separation in the payment). This is a no passing area at all times for the bike course. **No passing** competitors on this segment of the bike course.

The Run course will be coned off with one lane going each direction. Going north will be nearer to the center of the road and on the return going south, runners will be near the east edge of the road. Use extra caution when passing runners along this segment. We anticipate participants should be rather separated during this segment of the course and passing should be manageable.



There are 3 water stations along the 5k run course providing extra hydration during the final leg of the race. We will have sports drink available at some of the water stations.

VERY IMPORTANT Reminders and Notes:

WE NEED VOLUNTEERS!!! PLEASE EMAIL LANA@RACEOMAHA.COM IF YOU ARE AVAILABLE TO HELP ON SATURDAY OR SUNDAY WITH ANY RACE HELP!!!! YOU MAY ALSO EMAIL BETH@RACEOMAHA.COM. OUR VOLUNTEER LINK IS <https://login.registermytime.com/raceomaha/volunteer>

Omaha Kids Triathlon starts at 8:30am.

Packet Pick up at Scheels at Village Pointe from 11am to 4pm at the North Entrance.

Bike Drop off is from Noon to 5pm at BlueWater. Please park where you see the Race Omaha Parking Flags only. Do not part on the side of the road.

Practice Swim from 2pm to 4pm. Please register in advance at <http://www.active.com/valley-ne/water-sports/swimming-races/practice-swim-omaha-triathlon-2017>

You do not have to pay a single day insurance fee for USA Triathlon for this separate event.

Please make sure you have placed your bike sticker on your bike and put your race number bracelet on. Place your bike on your numbered by location. Your race number should be in front of you (facing you) when standing in front of your bike. There are six bikes per rack. Every other bike should face the opposite direction. Do not over inflate your tires since the heat and sun may cause a blown tube.

GreenStreet Cycles will be available for quick bike checks and minor repairs on Saturday during bike drop off.

Make sure you have bar-end plugs on end of you handle bars. USA Triathlon will be verifying this on Sunday morning and it may be difficult to remedy the situation.

The transition are consist of approximately 10 to 12 rows of Racks Age groups will be grouped together.

Please honor the mount/dismount line on the bike segment.

All relay team members must stay at their bike location in the transition area until their turn is complete.

The transition area is and active area. Do not impede participants in any way. If you are competing in the Sprint Distance event, do not enter the transition area until that is officially announced by announcement.

Make sure you bring your swim cap on race day provided. We can't guarantee we have replacements if you forget. Make sure to be ready for your wave start. You wave colors will be posted as packet pickup.

Ride the bike course by Sunday so you know the course. It is very flat so we expect some fast times.

If may be very hot and humid Sunday so please plan your hydration and nutrition well.

Above all, we hope you have a fantastic race on Sunday! I can say this has been a lot of hard work to put this race on this year at a new venue. We hope you can help us make this a great race for everyone participating and watching.

Of course, if you have any questions, please email me in advance or just ask me when you see me.

Alan@raceomaha.com

Gear Check:

Please use the extra sticker provided in you race packet and bring a clear plastic bag to the venue on race day. We are happy to store car keys and personal clothing. Do not put valuable items in the gear check bag.

Course Information/Venue Map:

The map below shows 3 water stations along the run course. Sprint Distance do 1 lap and Olympic Distance including relay teams do two laps. On the second run lap, all participants must pass the run turnaround and continue for the 2nd lap. For the Bike course, the 2nd Lap occurs just before the intersection of Valley Road and N. 288th Street. Please reduce your speed at the turnaround on the bike course.

